

Exhibit B

To Keep It Balanced Remember
ENERGY IN = ENERGY OUT

Just get movin'!

No matter where you live, you can build more fitness into your life. It's all about the minutes per day. It's recommended for weight loss, try to get at least 30 minutes of moderate intensity activity most days. For health benefits, 10 to 15 minutes 3-5 times a week or 30 minutes 1-2 times a week, 5 times a day.

The Key is: Move More!

- Climb stairs instead of using the elevator
- Park at the far end of the parking lot instead in the closest spot
- Go for a short walk during your lunch break
- After school or work, go for a bike ride or play a ball game.
- Walk the dog...don't let the dog walk you!
- Put on some music and dance!
- Join a gym...be part of a team.
- Autumn leaves? Rake them up.
- Snow your street? Shovel snow. Build a snowman. Make snow angels.
- Go ice skating or roller skating.
- Take a walk and check for seasonal changes in your neighborhood.
- Plant a garden.

Now Consult your physician before beginning any exercise program.

The Taste You Love!

Great News! All KFC's Fried Chicken Products still have the same great taste, now with zero grams trans fat per serving.



Options To Help You Keep It Balanced!

Option 1:

- Roasted Caesar Salad (without croutons) with 1 package of Hidden Valley® Original Ranch® Fat Free Dressing
- 1 medium Diet Pepsi®

Option 2:

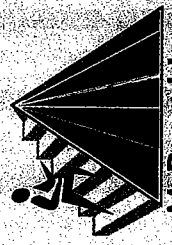
- Oven Roasted Twister® (hold the Sauce)
- House side salad with 1 package of Hidden Valley® Original Ranch® Fat Free Dressing
- 1 medium Diet Pepsi®

Option 3:

- Original Recipe® Chicken Breast (go skinless)
- Mashed potatoes (hold the gravy)
- Corn on the cob
- 1 medium Diet Pepsi®

Tips to Keep it Balanced

- Eat a variety of foods
- Eat moderate portions
- Start your day with breakfast
- Eat more vegetables, grains and fruit
- Get enough activity to burn what you eat



For more information go to www.mypyramid.gov

Keep It Balanced!

Nutrition Information



KFC has built a reputation on quality for more than 50 years. We proudly serve customers great tasting home-style meals for the whole family to enjoy. Visit KFC and dine with us or bring back dinner with chicken fresh from our kitchen to yours.



Nutrition Guide

Menu Item

05/19/2007 R.J.H.

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SALADS & MORE

Roasted Caesar Salad without Dressing & Croutons	301	220	30	5	12	4.5	23	0	70	23	830	35	6	2	3	12	3	30
Crispy Caesar Salad without Dressing & Croutons	315	350	170	19	29	6	30	0	70	23	1080	45	16	5	3	12	3	29
Cesar Side Salad without Dressing & Croutons	82	50	30	3	3	1	10	0	10	3	135	6	2	1	1	4	1	2
Roasted BLT Salad without Dressing	347	200	60	6	9	2	10	0	65	22	880	37	8	3	4	16	5	29
Crispy BLT Salad without Dressing	360	330	150	17	26	4	20	0	65	22	1130	47	18	6	4	16	5	28
House Side Salad without Dressing	300	115	10	10	10	0	0	0	10	10	10	10	10	10	10	10	10	10
Hidden Valley® The Original Ranch® Dressing (1)	57	200	180	20	31	3	15	0	25	8	470	19	3	1	0	0	1	1
Hidden Valley® The Original Ranch® Fat Free Dressing (1)	43	85	70	0	0	0	0	0	0	0	110	17	8	3	0	0	2	1
Hidden Valley® Golden Italian Light Dressing (1)	43	45	25	2	4	0	0	0	0	0	160	28	16	2	0	0	5	0
KFC® Creamy Parmesan Caesar Dressing (1)	57	260	230	26	40	5	25	0	15	5	540	23	4	1	0	0	2	2
KFC® Parmesan Garlic Croutons (1)	12	70	25	3	5	0	0	0	0	0	150	8	3	3	0	0	1	2

SANDWICHES

KFC Snacker®	119	320	140	16	25	3	15	0	30	10	680	28	29	10	1	4	4	15
KFC Snacker® Buffalo	118	260	180	18	12	1.5	13	0	25	8	360	36	31	10	1	4	4	15
KFC Snacker®, Fish	120	330	130	15	23	3	15	0	60	20	710	30	31	10	1	4	6	17
KFC Snacker®, Ultimate Cheese	120	280	100	11	17	2.5	13	0.5	25	8	780	33	30	10	1	4	5	15
KFC Snacker®, Honey BBQ	101	210	30	9	5	0.5	3	0	40	13	580	22	32	11	2	3	12	7
Honey BBQ Sandwich	147	280	30	3.5	5	1	5	0	50	20	780	33	40	13	3	12	10	22
Double Crunch Sandwich	213	510	250	28	43	5	25	0	55	18	1200	50	38	13	2	8	4	27
Crispy Twister®	252	600	300	33	51	7	35	0	55	18	1500	63	49	16	3	12	5	26
Oven Roasted Twister®	269	470	200	23	35	5	25	0	60	20	1260	53	40	13	3	12	5	28
Oven Roasted Twister® without Sauce	247	330	70	7	11	2.5	13	0	50	17	1120	47	39	13	3	12	5	28
Tender Roast® Sandwich	236	430	160	18	28	3.5	18	0	80	27	1180	49	29	10	2	8	4	37
Tender Roast® Sandwich without Sauce	217	300	40	4.5	7	1.5	8	0	70	25	1050	44	28	9	2	3	3	37

CHICKEN

OR Chicken - Whole Wing	47	130	70	3	12	2	10	0	50	17	350	13	4	1	0	0	0	11
OR Chicken - Breast	161	360	190	21	32	5	25	0	115	38	1020	43	7	2	0	0	0	37
OR Chicken - Breast without Skin or Breading	108	140	20	2	3	0	0	0	35	22	520	22	1	0	0	0	0	29
OR Chicken - Drumstick	59	130	70	8	12	2	10	0	65	22	850	15	2	1	0	0	0	12
OR Chicken - Thigh	126	330	220	24	37	6	30	0	110	37	870	36	8	3	0	0	0	20
EC Chicken - Whole Wing	52	170	100	11	17	2.5	13	0	55	18	350	15	6	2	1	4	0	12
EC Chicken - Breast	162	440	250	27	42	6	30	0	105	35	970	40	15	5	0	0	0	34
EC Chicken - Drumstick	60	160	90	10	15	2	10	0	55	18	270	15	6	2	0	0	0	12
EC Chicken - Thigh	114	370	250	28	43	6	30	0	85	28	850	35	12	4	0	0	0	18

STRIPS

Crispy Strips (3)	151	350	170	19	29	3.5	18	0	70	23	1190	50	16	5	0	0	0	29
Crispy Strips (2)	102	240	110	13	20	2.5	13	0	50	17	800	33	11	4	0	0	0	20

POPCORN CHICKEN

Popcorn Chicken - Kids	85	290	170	19	29	3.5	18	0	40	13	850	35	16	5	2	8	0	16
Popcorn Chicken - Individual	116	400	230	26	40	4.5	23	0	60	20	1160	48	22	7	3	12	0	21
Popcorn Chicken - Large	160	550	320	35	54	6	30	0	80	27	1600	67	30	10	3	12	0	29

POT PIE / BOWLS

Chicken Pot Pie	423	770	360	40	62	15	75	14	115	38	1680	70	70	23	5	20	2	33
KFC Famous Bowls™ - Mashed Potato with Gravy	531	740	320	35	54	9	45	1.5	60	20	2350	98	80	27	7	28	6	27
KFC Famous Bowls™ - Rice with Gravy	384	620	250	28	43	7	35	1	60	20	2150	90	67	22	6	24	7	26

WINGS

HBBQ Wings (5)	131	390	220	24	37	5	25	0	105	35	830	35	23	8	3	12	9	21
Boneless HBBQ Wings (5)	178	450	180	20	31	3.5	18	0	65	22	1880	78	41	14	4	16	11	28
Fiery Buffalo Wings (5)	142	380	220	24	37	5	25	0	105	35	1480	62	19	6	2	8	1	21
Boneless Fiery Buffalo Wings (5)	176	420	180	20	31	3.5	18	0	65	22	2260	94	33	11	3	12	1	28
Sweet & Spicy Wings (5)	131	400	220	24	37	5	25	0	105	35	760	32	24	8	2	8	13	21
Boneless Sweet & Spicy Wings (5)	169	440	180	19	29	3.5	18	0	65	22	1700	71	38	13	3	12	11	27
Hot Wings® (5)	112	350	220	24	37	5	25	0	105	35	740	31	14	5	2	8	0	20

SIDES (INDIVIDUAL)

Green Beans	95	40	15	1.5	2	0	1	0	5	2	570	24	7	2	3	3	2	2
Seasoned Rice	95	150	10	1	2	0	0	0	0	0	530	26	12	11	2	8	1	4
Mashed Potatoes without Gravy	108	140	25	4	6	1	5	0	0	0	380	16	17	6	1	4	0	2
Mashed Potatoes with Gravy	151	140	45	5	8	1	5	0.5	0	0	540	24	20	7	1	4	1	2
Macaroni and Cheese	135	180	30	8	12	3.5	18	1	15	5	810	35	15	6	0	0	3	5
Potato Wedges	102	260	110	13	20	2.5	13	0	0	0	740	31	33	11	3	12	0	4
Corn on the Cob (1)	82	70	15	1.5	2	0.5	3	0	0	0	5	1	13	4	1	12	5	2
Corn on the Cob (6/8)	162	130	25	3	5	1	5	0	0	0	10	0	26	9	7	28	10	5
Baked Beans	136	240	10	1	5	0	1	0	0	0	720	30	45	3	5	16	20	8
Pasta Salad	128	180	30	9	14	1.5	8	0	5	2	470	21	22	7	3	12	16	1
Coleslaw	130	180	34	10	15	1.5	8	0	5	2	270	11	22	7	3	12	16	1
Biscuit	57	220	100	11	17	2.5	13	3.5	0	0	640	27	24	8	1	4	2	4
Baked Chicken	25	120	40	4	7	1	5	0	0	0	310	9	17	6	0	0	0	2

DESSERTS

Quaker Oats® Smoothie Granola Bar	24	100	20	2	3	0.5	2	0	0	0	30	3	10	5	1	3	6	1
Apple Pie Minis (3)	114	370	180	20	31	6	30	0	0	0	260	11	44	15	2	8	19	2
Double Choc. Chip Cake	76	330	140	16	25	4	20	1	50	17	260	11	41	14	1	4	28	4
Lil' Bucket™ Fudge Brownie	99	280	90	11	17	4	20	0.5	20	7	200	8	43	14	1	4	30	3
Lil' Bucket™ Lemon Crème	127	410	140	15	23	7	35	1.5	0	0	270	11	61	20	2	8	53	7
Lil' Bucket™ Chocolate Cream	113	280	120	13	20	9	45	1	0	0	230	10	38	13	3	12	21	3
Lil' Bucket™ Strawberry Shortcake	99	280	70	7	11	5	25	0	10	0	175	9	38	11	1	4	26	2
Sweet Life Sugar Cookie	35	150	30	6	9	2.5	13	0	5	2	120	5	23	8	0	0	10	2
Sweet Life Oatmeal Raisin Cookie	35	150	30	5	8	2.5	13	0	5	2	135	6	24	8	1	4	12	2
Sweet Life Chocolate Chip Cookie	35	150	30	7	11	3.5	18	0	0	0	35	4	25	8	1	4	14	2

BEVERAGES

Imperial 100% Juice Fruit Punch	7 fl. oz.	120	0	0	0	0	0	0	0	0	20	1	27	3	0	0	26	0
Pepsi® (Medium)	14 fl. oz.	120	0	0	0	0	0	0	0	0	45	2	47	6	0	0	47	0
Diet Pepsi® (Medium)	14 fl. oz.	0	0	0	0	0	0	0	0	0	45	2	47	6	0	0	0	0
Wt. Pev.® (Medium)	14 fl. oz.	190	0	0	0	0	0	0	0	0	39	4	51	18	0	0	51	18

** Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

CALORIES

	2000	2500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

gms = gram mgs = milligram

Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. If you have any questions about KFC® and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-CALL-KFC.